

**WRITE HEAD HAVING FIRST POLE PIECE WITH FREQUENCY  
DEPENDENT VARIABLE EFFECTIVE THROAT HEIGHT**

## ABSTRACT OF THE DISCLOSURE

5           A write head has a variable throat height wherein the throat height is dependent upon the frequency of operation of the write head. At high frequency operation the throat height is small and at low frequency operation the throat height is large. The write head writes hard into a circular track of a rotating magnetic disk at all frequencies but not overly hard at low frequencies  
10           thereby avoiding excessive erase bands and adjacent track interference (ATI) on each side of the track being written.